



**TO STUDY THE EFFECT OF ANXIETY LEVEL ON PERFORMANCE OF
NASHIK ZONE HANDBALL PLAYERS**

Mr. Rakesh Dinkar Vadje

*Director of Physical Education Maratha Vidya Prasarak Samaj's Arts, Commerce & Science
College, Nandgaon, Tal. Nandgaon Dist. Nashik, Maharashtra*

Abstract:

The study was conducted by descriptive survey method and the simple random sampling technique was used to select the sample from the total population for the study. Savitribai Phule Pune University, jurisdiction under Nashik zones selected handball boys players they formed the population of the study zonal handball players boys formed the target population. The Savitribai Phule Pune University, under jurisdiction of selects 15 handball players. After selection of sample tools were selected for the collection of data for the study which was Sports competitive state anxiety inventory by Rainer Martens, Vealey & Burton used for data collection. Take the permission of team manager and authority of zone handball players. After given the instruction about the importance of research work and filled questionnaire from the zonal handball players. After collected of data and descriptive statistical method used for analysis. The basis of result of the analysis Major findings of the study was Nashik Zone handball boy's player's level of sports competitive state anxiety was high.

Key words: Sports Competitive State Anxiety and SPPU Zonal Handball Players.

Introduction:

The game of handball is wonderful sport are played usually outdoors during the day handball is fast paced game demands & requires speed, agility, eye-hand coordination, striking and quick movements and change of direction in quick reflexes of the court. Handball is an extremely demanding sport. At an elite level, players are often required top form at their limits of speed, agility, flexibility, endurance and strength. On top of all of this, players must maintain a high state of concentration in order to meet the technical & tactical as well as mental demands of dealing with their opponents. It is therefore essential that everyone involved with the modern game ought to be familiar with the fitness requirements of the game and must know how Handball fitness' can be enhanced.

A psychological approach has helped to implement mental preparation training program to improve player's performance, guide players in psychological preparation for play, inform players strongly approach of the strategy & tactics used by themselves and their opponents, provide insight into the technical performance of skills, understand the influence of equipment on play and recovery from arm injuries.

Competiveness and Anxiety:

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. The complexity of competition in the modern life has heightened the anxiety in these days. In light of this, the twentieth century is termed as the 'Age of Anxiety.' In modern competitive sports also the anxiety in sportsmen has affected their performance.

Material and Method:

This research study survey method was used to collect the data. Data of anxiety levels in boys handball players of Nashik zone under jurisdiction of Savitribai Phule Pune

University, Pune aged between 18-25 years was collected using Competitive state anxiety and sports aggression inventory was assessed. Handball players of age group between 18 to 25 years were N=15 selected as sample was select on the basis of simple random method of sampling for the present study. Sports competition anxiety measured with the help of questionnaire constructed and standardized by Rainer Martens and converted the responses in to numerical value by using answer keys suggested by the authors. To gauge the unmistakable variables to 15 subjects, the master dealt with the overview and different research. The specialist collected the data from the subjects during their rest period before their competition.

Results of the Study:

After data collection data of both the tests It was observed from the Sports Competitive State Anxiety variable that there was a mean, standard deviation, skewness & kurtosis value of the distribution of Sports Competitive State Anxiety mean difference between of the sample of 15 boys handball Players of Savitribai Phule Pune University.

Table no. 1
Descriptive Statistical

Variable	Handball Players
Variable	Anxiety (CSAI-2)
Gender	Boys
Number	15
Mean	63.08
Std. Error of Mean	0.46
Median	63.00
Mode	62.00
Std. Deviation	2.34
Variance	5.49
Skewness	0.360
Std. Error of Skewness	0.446
Kurtosis	0.711
Std. Error of Kurtosis	0.902

The data of sports competitive state anxiety variable as shown in Table no. 1 reveals that mean, standard deviation, skewness and kurtosis value of the distribution of sports competitive state anxiety of the sample of 15 cases of Savitribai Phule Pune University, Nashik zone 15 handball boys players mean value of sports competitive state anxiety 60.32, SD 3.31, skewness & kurtosis value 0.127 & -1.200. It can therefore, be said that the distribution of Nashik zone handball boys sports competitive state anxiety in the present study is mostly normal.

Discussion of the Findings:

Discussion of the results of sports competitive state anxiety inventories consist which indicate the anxiety level of Savitribai Phule Pune University, Nashik zone selected handball boys players as: It was observed from the findings that shown there was Nashik zone handball players level of sports competitive state anxiety was high.

This finding was supported by **Jaskaran Singh Sindhu, Karanjit Singh and Charanjit Singh (2011)** the purpose of the present study was to investigate and compare the anxiety and aggression level among the university level male and female athletes. A total 60 athletes (30 males and 30 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G. L. Patil. Anxiety among the subjects was measured by using the sport competitions Anxiety test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male athletes had significantly greater aggression ($p < 0.05$) as compared to the female athletes. The female athletes were found have significantly higher

anxiety level ($p < 0.01$) when compared to male athletes. In conclusion, the male athletes were more aggressive whereas female athletes were more anxious.

Conclusion of the Study:

The scope of this study, the researcher concluded that handball boy's player's sports competitive state anxiety. Present study was impact on the field of physical education and sports in our nation. Players part of various sports and games activities, express important role of psychology. Sports players and coaches helps to characterized adjustment and managed and know the level of sports competitive state anxiety for that further contribute to better performance.

- It was concluded that anxiety was highly related to better performance in sports & games.
- It was concluded that anxiety contribute to enhance and down the sports & games performance.
- It was concluded that researcher evidence revealed the level of anxiety in handball boys. These psychological variables are play vital in the field of sports coaching and performance. It is known from the review of related literature that status to level of anxiety of sports players.
- It was concluded that study may help to developed efficient coaching plan for better performance consider the level of anxiety variable of the psychology in the field of physical education and sports.

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